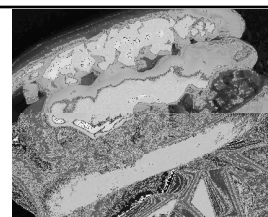




July 2009

Menus Subject to Change Without Notice
Milk served with meal.
723-3303



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
NOTICE: Congregate lunch contributions are <i>anonymous and confidential</i> . Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business.				
		1 Birthday Party Salisbury Steak Mashed Potatoes Capri Blend Vegetable Spinach Salad Whole Wheat Bread Cake and Ice Cream	2 Pork Roast/Gravy Baked Potato/Sour Cream Peas and Carrots Tossed Salad/Kidney beans Biscuit Cookie	3 CENTER CLOSED FOR FOURTH OF JULY
6 Fried Chicken Day Fried Chicken Mashed Potatoes/Gravy Spinach Cole Slaw Whole Wheat roll Brownie	7 Strawberry Sundae Day Beef Stroganoff Noodles Broccoli/Cauliflower Biscuit Tossed Salad/Navy Beans Strawberry Sundae	8 Seafood Pasta Salad/Lettuce Leaf Veggies/Dip Pickled Beets/Olives Tropical Fruit Cup Oat Bran Muffin Cookie Bar	9 Myer's Day Turkey Steak Mashed Potatoes/gravy German Blend Vegetable Whole Wheat roll Pea Salad Spicy Peach Crisp	10 Baked Ham Au Gratin Potatoes Key Largo Vegetable Fruited Jell-O Salad Cinnamon Raisin Bread Very Berry Shortcake
13 Chicken Rice Casserole Oregon Bean Medley Carrot Raisin Salad Whole wheat Roll Pudding	14 Hoagie Sandwich (sandwich bar at Center) Cook's choice Soup Pickle/Olives Fruit cup Cookie	15 Gummi Worm Day Sweet 'n' sour Pork Chinese Noodles Oriental Blend Vegetable Muffin Chinese Cabbage Salad Dirt Dessert/Fortune Cookie	16 Parmesan Chicken Rice Pilaf Green Beans Stewed Tomato Biscuit Fresh Fruit	17 National Lollipop Day Turkey Steak Mashed Potatoes/Gravy Green/Wax Bean Blend Cucumber Tomato Salad Whole Wheat Roll Yellow Lollipop Cake
20 Gillies Day Roast Beef Mashed Potatoes/Gravy Country Blend Vegetable Marinated Carrot Salad Whole Wheat Roll Raspberry Rice Krispie Dessert	21 Chicken Broccoli Casserole Sliced Beets Whole Wheat Bread Waldorf Salad Cook's Choice Dessert	22 Tamale Pie Steamed Carrots Tossed Salad/Black Beans Chocolate Pudding	23 Vanilla Ice Cream Day Russian Chicken Steamed Rice Zucchini Broccoli Salad Biscuit Vanilla Ice Cream	24 CENTER CLOSED For PIONEER DAY
27 Veal Parmesan Angel Hair Pasta Italian Beans Bread Stick Tossed Salad/Garbanzo Beans Lemon Bar	28 Beef Chow Mein Rice Egg Roll Chinese Cabbage Salad Whole Wheat Roll Apple Sauce/Fortune Cookie	29 BBQ Beef on a Bun Potato Wedges Mixed Vegetable Dry Jell-O Salad Raisin Bar	30 Natl. Cheesecake Day Baked Cod Scalloped Potatoes Scandinavian Vegetable Waldorf Salad Whole Wheat Roll Blackberry Cheesecake	31 Natl. Raspberry Cake Day Mini Chef's Salad Minestrone Soup/Crackers Pickles/Olives Tropical Fruit Cup Muffin Raspberry Cake